

# Our Daily Bread....

## How Does It Get From the Farm to Your Plate?



"Payton! Analise! Judy! Ali! Amelia! Come on! It's time for the picnic," Payton and Analise's mom hollered. The kids came racing in from all corners of the farm.

Payton helped his sister, Analise unpack three big picnic baskets while their parents, Susan and Curtis, sliced loaves of fresh, warm, whole wheat bread. "OK," Susan said, "Everyone can make their own sandwich. See if you can guess which ingredients were raised right here on our farm."

"What's that?" Amelia asked, as Payton pulled a round orange fruit from a basket. "An orange tomato," Payton explained. "We grow all kinds of fruits and vegetables here — tomatoes, lettuce, corn and lots more in every color, shape, and size you can think of." "See, here's a purple tomato, and this is red leaf lettuce," Analise chimed in. "And those deviled eggs are from chickens I raised!"

"Well, you didn't grow this!" Amelia laughed, pointing at the bread. "Yeah, we did," Payton said. "My mom and dad grow the wheat and grind it into flour that we use to make bread."



Ali said, "My mom buys your wheat flour at the grocery store in town, Payton." Amelia took a bite of bread. "This tastes just like the whole wheat bread we buy at the bakery," she said, then mumbled through her sandwich, "Mmm good!"

"Hey, don't talk with your mouth full, Amelia," Payton teased. Amelia swallowed. "Isn't that wheat?" she asked, pointing to a field beside them. "Sure is," Payton said. "Well, how do you turn that plant into bread?" "It's easy," Payton said, then laughed as he noticed his dad rolling his eyes. "OK, it's easy, when Mom and Dad do most of the work," Payton added with a grin. "But Analise and I help. First, Mom and Dad harvest the wheat — that happens in July when the wheat is tall and golden yellow." "I can tell you how that works," Analise said. "We use a combine to cut the wheat down. It's a machine that cuts the tops of the wheat plants off. It leaves the wheat stalks in the field and gathers up all of the little wheat berries together."

"Right," Payton said. "Then we store the grain — the wheat berries — in those grain bins over by the house." "Yeah," said Amelia, "but how do you turn it into bread?"

"Mom grinds the wheat berries into flour with an electric grain mill that has two round stones set right next to each other. The mill grinds the wheat berries between the stones and that turns the wheat into flour. It's kind of like mashing the wheat berries between your teeth, only with a machine."

Analise spoke up, "We sell the flour to bakeries and grocery stores, and even to restaurants. Folks buy the wheat flour, and mix it with eggs and yeast, water, and molasses and stuff and bake it and..." "Eat it!" said Amelia. "Mmm good!"



## ***Mmm Good! Make Some At Home!***

### **No-Knead Whole Wheat Bread**

7 1/2 cups whole wheat flour  
2 tablespoons dry yeast  
4 cups warm water  
1 tablespoon honey  
1/4 cup molasses

Place flour in a large bowl and place in a warm oven for about 20 minutes to warm flour and bowl. If it is a gas oven, the pilot light will give sufficient heat; if electric, set at lowest temperature.

In a small bowl, dissolve yeast in 1 cup warm water and then add honey. Let sit until it begins to foam (i.e., proof yeast and honey mixture).

Mix molasses with 1 cup warm water.

Combine yeast mixture with molasses mixture and add to flour. Add enough warm water to make a sticky dough, about 2 cups.

Butter 2 large loaf pans, at least 9 x 5 inches, or 3 small loaf pans, and place entire mixture directly into pans. No kneading is necessary. Let rise in a warm place for 1 hour. Preheat oven to 400 degrees Fahrenheit.

Bake for 30 to 40 minutes, or until crust is brown. Remove pans from oven and let cool on wire racks for 10 minutes. Remove loaves from pans and let cool completely on wire racks before slicing.

Makes 2 large, or 3 small loaves.

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## **What You Can Do To Help Missouri Farmers Stay on the Farm:**

- Visit the closest Farmers' Market.
- Visit family farms & find out how they care for the livestock and plants that become your food.
- Ask your supermarket to sell locally grown food.
- Eat "in-season" to enjoy the freshest local food.
- Tell farmers what sort of practices are important to you:, such as organically raised produce, free range poultry, and hormone free milk.
- Learn how to can, dehydrate, and freeze food to enjoy farm freshness year round.

## **Find Out More About Local Food Systems and Sustainable Agriculture Here:**



### **Community Food Systems and Sustainable Agriculture Program**

Call Jose Garcia at (573) 884-3794 or Anastasia Becker at (417) 466-4225 to find out about educational programs for farmers, children, extension educators, and government agencies. Email: GarciaJL@missouri.edu or BeckerA@missouri.edu  
Website: [www.agebb.missouri.edu/sustain](http://www.agebb.missouri.edu/sustain)

### **Food Circles Networking Project**

Call Mary Hendrickson at (573) 882-7463 for information on connecting farmers and consumers. Email: HendricksonM@missouri.edu Website: [www.foodcircles.missouri.edu](http://www.foodcircles.missouri.edu)

### **Missouri Alternatives Center**

Call Debi Kelly at 1-800-433-3704 for information on alternative farming methods. Email: KellyD@umsystem.edu Website: [www.agebb.missouri.edu/mac](http://www.agebb.missouri.edu/mac)

### **Missouri Organic Association (MOA)**

Encouraging organic farming for the good of the consumer, the farm family, and the planet! Call Linda Williams at (573) 760-1731. Email: LWILLIAM@MineralArea.edu Website: [www.agebb.missouri.edu/sustain/moa](http://www.agebb.missouri.edu/sustain/moa)

### **Missouri Sustainable Agriculture Demonstration Award Program**

Call Joan Benjamin at (573) 522-8616 to apply for grants of up to \$3,000 for on-farm research in Sustainable Agriculture. Email: Joan\_Benjamin@mail.mda.state.mo.us  
Website: [www.agebb.missouri.edu/sustain/sagdemo](http://www.agebb.missouri.edu/sustain/sagdemo)

### **Small Farm Family Program**

Call K.B. Paul at (573) 751-5371 to get in touch with a Lincoln University Educational Assistant who can offer you one-on-one assistance. Email: PaulK@lincolnu.edu Website: [www.agebb.missouri.edu/sffp](http://www.agebb.missouri.edu/sffp)

### **Sustaining People through Agriculture Network (SPAN)**

A Missouri farmer network developing sustainable agriculture systems that support people, families and communities. Call Michael Madewell at (417) 466-0546 Email: madewellmeats@mo-net.com  
Website: [www.agebb.missouri.edu/sustain/span](http://www.agebb.missouri.edu/sustain/span)



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